

# MEMBER *Focus* JANUARY 2011

A newsletter published monthly by  
the Town of Warrenton Parks & Recreation Department  
and the Warrenton Aquatic and Recreation Facility

## *New Specialty Fitness!*

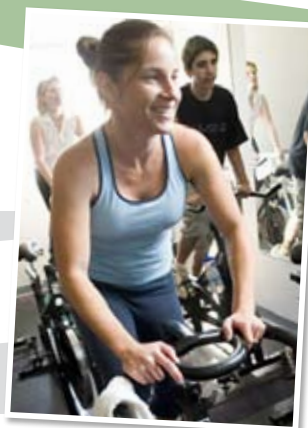
Two 8 week sessions will be offered:

**Winter:** January 17 - March 12, 2011

**Spring:** March 28 - May 21, 2011

**Cost** per session, per class is \$80 for members and \$100 for non-members. Participants age 13 and over are welcome

**Register NOW  
for winter session!**



### *Flow Yoga in the Water*

Come explore a new environment for practicing yoga – one that ASSISTS, RESISTS, and SUPPORTS your own movements. Because of the unique properties of water, people of all fitness levels can safely enjoy and benefit from yoga, [in the water](#).

**THURSDAYS 9:00 AM - 9:50 AM**

### *Advanced Pilates*

This is an advanced class that assumes a good understanding of all basic pilates moves. At least 6 months of prior pilates experience is recommended. This class is an opportunity to focus on advanced moves with an instructor who will provide personalized attention to each participant's breath, form, and movement. **MONDAYS 7:30 PM - 8:20 PM**

### *Cycle Warrior*

This is an advanced indoor cycle workout for the experienced cyclist who is looking to "push it to the next level." Focus on "Race Day" type riding with lots of climbs and jumps to challenge. A great class for those training for a spring triathlon!

**SUNDAYS 3:00 PM - 3:50 PM**

### *Aqua Bootcamp*

Like Indoor/Outdoor Bootcamp... only in the water!! You will work on aerobic and strength improvement through shallow water, deep water, and moving water. **TUESDAYS 9:00 AM - 9:50 AM**

### *Indoor/Outdoor Bootcamp*

Looking for structure, motivation and a results driven workout to boost your level of fitness?? Then this class is for you! You will do full body toning, agility exercises and calorie burning cardio drills. If you are ready for the challenge, check it out! (Please note that outdoor activities will be held if weather conditions permit).

**THREE OPTIONS:**

**TUESDAYS 7:30 AM - 8:20 AM · WEDNESDAYS 10:00 AM - 10:50 AM**

**THURSDAYS 7:30 AM - 8:20 AM**

### *Tai Chi*

Come try this form of Chinese Martial Art known as "moving meditation." You will learn the basic Tai Chi postures with a focus on breath and healing practices. Come relax, enjoy and have fun in the Chinese tradition. **FRIDAYS 8:30 AM - 9:20 AM**

Also Check Out...

*Yoga* Based on the Iyengar Style at the WARF

This is a gentle yoga class based on the Iyengar style of yoga and is meant for new or continuing students who, due to stiffness, lack of strength, or other limitations, would benefit from a slower paced, less rigorous class. The class emphasizes strength, flexibility, awareness, and deep relaxation with appropriate adjustments for all levels of fitness and experience.

Saturdays 10:30 am - 12:00 noon  
January 8 - February 26  
Cost for 8 week class:  
WARF Members: \$96.00  
Non-Members: \$120.00  
Register now at the Front Desk.

**JANUARY membership SPECIAL**  
Make a New Year's commitment for better health and well-being all year long!  
**10% OFF annual memberships**

Not valid with any other offer or promotion. Limit one discount per customer. Annual Membership must be paid up front. May not be applied to Pay As You Go Memberships or Annual Memberships paid on a monthly credit card billing cycle. Offer expires January 31, 2011.



Wakefield School

*Developing capable,  
ethical articulate citizens*

**Open House:**  
Monday, January 17, 9 a.m.

4439 Old Tavern Road · The Plains, VA 20198  
(540)253-7600 · [www.wakefieldschool.org](http://www.wakefieldschool.org)  
[admissions@wakefieldschool.org](mailto:admissions@wakefieldschool.org)

*Follow Wakefield on Facebook and Twitter*



## January/February Swim Meet Schedule

Please keep in mind that unless otherwise noted, **ONLY the Competition Pool** will be closed during swim meets.

Friday, January 7	7:00 pm - 11:00 pm	Evergreen Swim Meet
Saturday, January 8	6:00 pm - 10:00 pm	Eastern View High School
Friday, January 14	7:00 pm - 11:00 pm	Evergreen Swim Meet
Saturday, January 15	6:00 pm - 10:00 pm	Eastern View High School
Friday, January 21	7:00 pm - 11:00 pm	Evergreen Swim Meet
Saturday, January 22	1:00 pm - 8:00 pm	Seton High School Swim Meet
Friday, January 28	7:00 pm - 11:00 pm	Evergreen Swim Meet
Saturday, January 29	6:00 pm - 10:00 pm	Culpeper High School
Wednesday, February 2	6:00 pm - 11:00 pm	Evergreen Districts Meet
Saturday, February 12	8:00 am - 6:00 pm*	Curl Burke Swim Meet
Sunday, February 13	8:00 am - 6:00 pm*	Curl Burke Swim Meet

\*Aquatics Level Closed - Members may use Freedom Center or Chinn Center these days by presenting their WARF Membership Scan Card.

## The WARF Welcomes



**Stay tuned for hours, menu items and promotions!**

## Upcoming Special Slide Hours

The following are days that the slide will be open due to scheduled closings of Fauquier County Public Schools. The slide hours for these days will be 1:00 pm - 5:45 pm unless otherwise noted.

**Monday, January 17**

**Monday, January 24**

**Monday, February 21**

**Thursday, March 10**

## WARF Inclement Weather Policy

In the wake of the first winter storm of the season, we would like to make sure everyone is aware of the WARF's Inclement Weather Policy. Please familiarize yourself with the information below and contact us with any questions or concerns.

- 1. Facility Closure/Delayed Opening** WARF facility closures and/or delayed openings will be posted on [www.cancellations.com](http://www.cancellations.com) and recorded on our automated telephone system (540-349-2520).
- 2. Swim Lessons** All swim lessons, group and/or private, will be cancelled the first day of a storm if Fauquier County Public Schools (FCPS) are closed. These and any further cancellations will be posted on [cancellations.com](http://cancellations.com)
  - a. If FCPS are on a delay, all morning swim lessons will be cancelled. Afternoon and evening classes will still be held.
  - b. If FCPS release students early, all afternoon and evening lessons will be cancelled.
  - c. Any decision regarding Saturday lessons will be made two hours prior to the start of the first lesson.
- 3. Fitness Classes** If the facility is open, fitness classes will be held provided an instructor is available. Changes in the normal schedule will be posted on [cancellations.com](http://cancellations.com)
  - a. For 6:00 a.m. morning classes, please call after 5:00 a.m. for class cancellations.
  - b. For all other morning classes, please call after 7:00 a.m. for class cancellations.
  - c. For evening classes, please call after 12:00 noon for class cancellations.
- 4. Warren's Place** Warren's Place will follow the same closure policy as swim lessons. If school is cancelled, all daycare will be cancelled. If school is delayed, morning daycare will not be held. Any action concerning Saturday daycare will be made by 8:00 a.m. that same day. Changes in the normal schedule will be posted on [cancellations.com](http://cancellations.com)
- 5. Personal Training** Clients who are scheduled for personal training should contact their trainer directly for information regarding their session.

## Cancellations.com Information

### How to Check for WARF Postings:

To access WARF postings on [www.cancellations.com](http://www.cancellations.com), type in "warf" next to "Org Name" under "Check for Cancellations" on the home page of [cancellations.com](http://cancellations.com).

### How to Receive Email Notifications from the WARF:

You may also receive email notifications of cancellations, delays, early closures, etc from the WARF. Postings from the WARF will be sent directly to your mailbox, just click "Register" under "Email Notifications" on the home page of [cancellations.com](http://cancellations.com)